

**STRONGFORTISM**

**DEVELOPS PRIZE-WINNERS**



I not only

PROMISE

I

ACCOMPLISH



My

Guarantee

MEANS

Something!



LIONEL STRONGFORT

Dr. Sargent, of Harvard, declared that "Strongfort is unquestionably the finest specimen of physical development ever seen."

**LIONEL STRONGFORT**

*Physical and Health Specialist*

**STRONGFORT INSTITUTE**

**Newark**

**New Jersey**



# STRONGFORTISM SO



STRONGFORT Pupil Wins First Prize in  
Health Contest at Age 66.

W. E. Whittle Cheats Undertaker and  
Astounds Physicians.

Given up to die a year before, *STRONG-  
FORTISM* saves him and gives  
him Perfect Health.

Wins over 112 others in Contest held by  
Newark, N. J., Board of Health.

SIXTY-SIX YEARS YOUNG—AND HAPPY  
Mr. W. E. WHITTLE, 77 Spruce St. Bloomfield, N. J.  
First Prize Winner in Newark, N. J., Health Contest

## READ MR. WHITTLE'S LETTER

Lionel Strongfort,  
Newark, New Jersey.

Sept. 14, 1923

Dear Mr. Strongfort:

I am writing this unsolicited letter to tell you of the good I have received through your hands and I am giving you full authority to use my name and photographs in telling others about my amazing recovery.

In January, 1922, I became very sick, being confined in bed for three months with pneumonia and hardening of the arteries. Doctors gave me up to die. My body was emaciated almost to the skeleton stage. While in this hopeless condition I luckily became acquainted with Strongfortism. I immediately saw its possibilities, studied its teachings and by faithfully following its principles and advice I achieved the impossible--conquered death. Gradually I gained vitality and strength. Each day brought me renewed health and I actually became young again--not in years, but in health and vigor. I was able to get back to my work again after having been forced to give up two years before, owing to my weakened condition and depleted vitality.

In June, 1923, the Newark Board of Health conducted a Health Contest. I decided to enter, mainly for the purpose of finding out exactly where I stood regarding health. I reported, together with 112 other applicants, and was given several thorough examinations by eminent doctors and specialists. After the summing up of these examinations I was declared to be the possessor of perfect health and received First Prize. I was presented with a beautiful loving cup which is now one of my most cherished possessions. Also I received a letter from Mr. Thorne, editor of the Newark Sunday Call, and the hearty congratulations of Mayor Breidenbach. All this at the age of 66, and less than a year and a half before I had been given up to die. My friends could hardly believe it; it seemed a miracle; nevertheless it was true.

I am very grateful to you for all you have done for me and will be only too glad to recommend Strongfortism to anyone who may care to write me.

Wishing you the best of success in your worth-while work, I remain always,

77 Spruce Street  
Bloomfield, New Jersey

Yours gratefully,

(SIGNED)

*W. E. Whittle*



To the side of the Loving Cup and behind the smile stands Mr. Whittle. He won the Loving Cup in the Health Contest; *STRONGFORTISM* gave him the smile.



# CORES ANOTHER KNOCK-OUT!

Newark Board of Health places Seal of Approval on STRONGFORT Pupil.

Leading Newark Newspaper gives Unqualified Endorsement.

Mayor Breidenbach, of Newark, extends hearty congratulations to follower of *STRONGFORTISM*.

Convincing, Certified Proof that *STRONGFORTISM* Stands Supreme



INSCRIPTION ON LOVING CUP READS: "First Prize, awarded by Newark Sunday Call to W.E. Whittle who at the age of 66 years has been found physically perfect by Newark Health Exposition, June 9, 1923. FRED J. BREIDENBACH, Mayor of Newark.

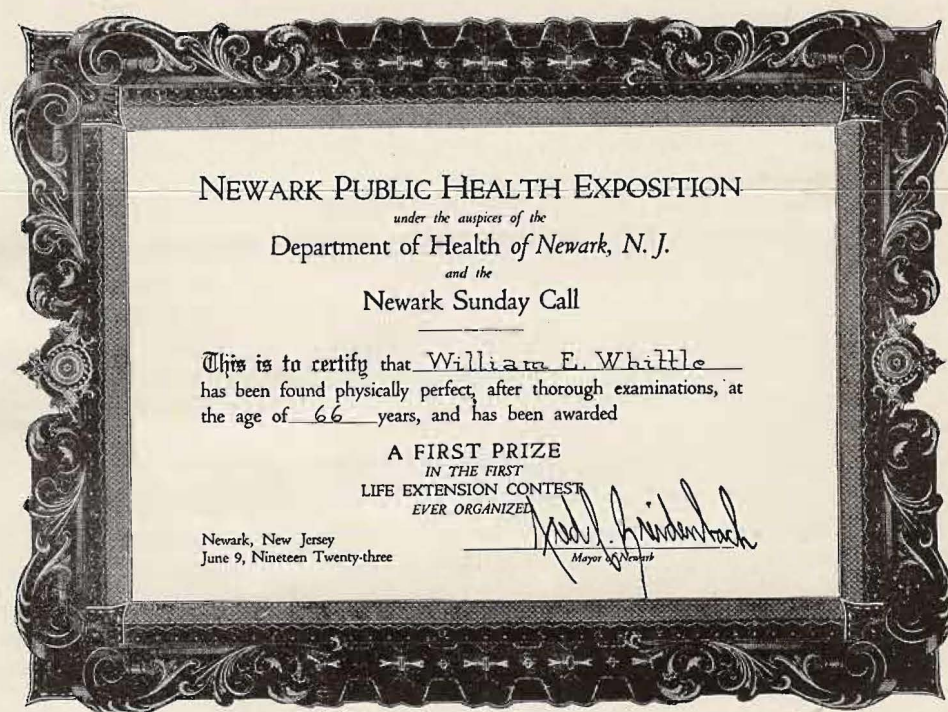
Official Certificate

Awarded to

W. E. Whittle,

Product of

STRONGFORTISM



(Photograph from actual Certificate which is 11 by 13 inches in size)



# STRONGFORTISM TRIUMPHS



MID all the clamor and cradle-claims of infant competition, one FACT looms large:

**STRONGFORTISM** is superior.

**STRONGFORTISM** has been abundantly tested and proven. Years of the most remarkable success stand behind it. As a real Science of Health and Strength Promotion, it is distinctly in a class by itself.

**STRONGFORTISM** stands pre-eminent—supreme—on the pinnacle of deserved success simply because it is better—because of its unbroken record of amazing results, certified by documentary proof.

**STRONGFORTISM** does not need to make unsupported or exaggerated claims. The TRUTH about it is sufficiently startling.

The case of Mr. W. E. Whittle is only one of thousands of extraordinary examples of **STRONGFORTISM'S** efficiency. *The facts are certified by the Newark, N. J., Board of Health, by Mayor Breidenbach, of Newark, and by one of the great eastern newspapers, the Newark Sunday Call.*

Some people are born doubters—others become doubters through trusting in the glittering promises of someone who fails to make good. No one, however, could possibly doubt the marvelous efficiency of **STRONGFORTISM** after reading the documentary proof contained in this folder.

Mr. Whittle is 66 years old. It is not ordinarily an easy matter for a man of this age to "come back" after a physical break-down. Through the help of **STRONGFORTISM**, Mr. Whittle "came back"—from the very edge of the grave. Physicians had given him up to die. Hardening of the arteries; pneumonia—both deadly serious.

## Regained Health—Restored Youth

**STRONGFORTISM**—which is nothing more nor less than Nature scientifically assisted—took Mr. Whittle literally from his death bed and restored him to health and strength. As he

himself says, he "actually became young again"—and his pictures (taken September 10th, 1923) confirm his statement. Who could possibly guess that this smiling middle-aged man was 66 years old? He looks not a day over 45.

The miracle of regained Health and restored Youth should be enough to satisfy anyone. But Mr. Whittle did not stop there. He went right on and won First Prize in a great public Health Contest, in a field of 112 contestants! He was adjudged by eminent specialists to be Physically Perfect!

A few short months before he had been a broken down physical wreck, the grave yawning expectantly for him. **STRONGFORTISM** not only saved his life but made him a model of physical perfection at an age when the powers of most men are on the decline.

## Nature's Miracle

Mr. Whittle's case proves unquestionably that **STRONGFORTISM** has unequalled POWER to rebuild human beings in whom the spark of life still lingers. Yet this super-science of Health and

Strength makes no particular specialty of raising men and women from their death-beds. There is no miraculous element in it except in so far as Nature itself is miraculous.

*There is more power in STRONGFORTISM than you are ever going to need to put you in tip-top shape physically and mentally, provided you take it in time.*

Give Nature a chance. Don't delay. Enroll NOW for your complete, personal, individualized Course in **STRONGFORTISM**.

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**CHALLENGE** — *I challenge any Physical Director in the world to prove that he has ever, at any time, under any circumstances, produced in anyone, anywhere, the results shown in the case of my pupil, Mr. W. E. Whittle, product of STRONGFORTISM.*

(SIGNED) **Lionel Strongfort**

